

Savory Indian-spiced Lentil And Rice Waffle

Yield: 8 min
Total Time: 225 min

Recipe from: <https://www.recipeschoose.com/recipes/fresh-pigeon-peas-indian-recipe>

Ingredients:

- 1 cup rice White, Short-Grain
- 1/3 cup pigeon peas Red Gm
- 1/3 cup beans Mungo
- 1/3 cup mung beans
- 1 teaspoon cumin seed
- 1 teaspoon ginger root
- 3 crushed red pepper Serving
- 4 tablespoons flake coconut TBSP Angel, Sweetened
- salt
- pepper
- 2 teaspoons turmeric Ground
- 1 whole onion medium, 2-1/2in dia
- 1/4 cup coriander Cilantro

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 17 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 120 milligrams
8. Sugar: 2 grams

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